



News Release

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Do You Have a Tasty, Heart-Healthy Recipe?

UDOH launches second annual contest

(SALT LAKE CITY) – The search is on again for Utah’s healthiest and tastiest recipes for the “Heart-Healthiest 2011” contest. With approximately one in every three adults in the U.S. having high blood pressure, the Utah Department of Health (UDOH) Heart Disease and Stroke Prevention Program (HDSPP) is asking the public to submit their favorite heart-healthy recipes—with a focus on reducing sodium intake.

The contest runs until June 30 and heart-healthy recipes can be submitted at <http://www.facebook.com/hearthealthyutah>. The “Rules and Guidelines” for the “Heart-Healthiest 2011” recipe contest are on the “Discussion” page.

“When not controlled, high blood pressure increases a person’s risk of suffering a stroke or heart attack,” said Tania Charette, HDSPP Media Coordinator. “Eating healthfully is one way to control high blood pressure and this contest is a great way for Utahns to share their delicious recipes, illustrating that eating wisely does not mean sacrificing flavor.”

Throughout the contest the site will feature “Healthful Recipe of the Week” selections. Weekly winners will receive a Papa Murphy’s gift certificate for a free deLITE pizza. The contest will conclude with three grand prize winners who will each receive a cooking prize basket and a copy of “Heart-Healthiest 2011,” a collection of all the submitted recipes.

A “heart-healthy” meal consists of:

- Emphasizing fruits, vegetables, whole grains and fat-free or low-fat milk and milk products;
- Including lean meats, poultry, fish, beans, eggs and nuts; and
- Including little or no saturated fats, trans fats, cholesterol, salt and added sugars.

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Other guidelines for healthful eating can be found at www.mypyramid.org, www.fruitsandveggiesmorematter.org and www.nutrientrichfoods.org/recipes.

For more information about HDSPP, visit www.hearthishighway.org.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.